

# ◀ The Senior Chatter ▶

Volume 14, No. 4

Menasha Senior Center, Menasha, WI

April 2010

## Dates to remember this month:

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## You Count

United States  
Census  
2010

RE: 2010 U. S. Census

You are asked to **return them by April 1, '10.**

- all persons living in the United States need to be counted, regardless of citizenship.
- those who do not send in their questionnaire will be visited by a census worker. (All census workers have identification, wear hats and carry bags identifying themselves as census workers.)

**Participation is critical - results will determine how our elected representative districts will be drawn and how much federal and state funding is allocated to the City of Menasha.**

## Trestle trekking

**Every Wednesday, May 5 through July 7**  
(unless it rains)

Begins at MSC at 10:00am; 2.5 miles roundtrip across the Friendship Trestle Bridge; returning to MSC for soda or coffee and a chat. (This is not a power walk.)

Watch for details in the May newsletter!



The yearly subscription rate for "The Senior Chatter" is \$5.00 (as of March 1, 2010). Thank you.

## Medication Take-Back

**When:** Tuesday, April 13

**Where:** Menasha Senior Center

**Time:** 9:00 - 11:00am

**Why:** The amount of drugs prescribed by physicians has multiplied greatly over the past decade causing an increase in prescription drug availability in most households. Holding onto expired/unused medications creates an opportunity for illicit use and old drugs can lose their potency or cause illness.



The proper disposal of expired/unused prescription and over-the-counter medications is important since drugs can pass largely untouched through sewage treatment plants and septic systems. Children and animals can get into drugs tossed in the trash. Landfills may leak allowing medications to trickle into surface and groundwater.

Studies have shown that pharmaceuticals and over-the-counter drugs are present in our nation's lakes and rivers as well as our drinking water. Scientists are discovering that fish, frogs and other aquatic species are being harmed as evidenced by growth malformations and reproductive problems. Human cells exposed to only trace amounts of certain drugs fail to grow normally.

Take advantage of this opportunity to dispose of your old, unwanted medications (including pet medication and over-the-counter drugs) properly and safely.

Tell your family, friends and neighbors. (If you can't come in, maybe they will bring in your meds, too.)

Editor's note: I know it's just easier to "throw them out". BUT, if you flush them, these pharmaceutical microns will end up in our drinking water. If you put them in the trash, the end result is delayed but they will still end up in our ecosystem.

## Welcome to the *Senior Chatter*



**Menasha Senior Center**  
**116 Main Street Menasha, WI 54952**  
**920-967-3530**

**Hours:** 8:00am-4:00pm Monday-Friday  
 sbull@ci.menasha.wi.us

**Web site:**  
**www.menashaseniorcenter.org**

Senior Center Supervisor      Sylvia Bull  
 Activity Coordinator          Barb Taylor

MSC welcomes all adults 55 and over to participate in our many activities and utilize our services. There are no membership or residency requirements.

*Our mission is to enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet these needs as requested by the community.*

### **MSC Planning Committee:**

Meets second Thursday of each month at Menasha Senior Center at 9:30 am.

#### **Members:**

Susan Locke                      Barbro Whiting  
 Ruth Jerome                     Terry Czerwinski

### **City of Menasha Committee on Aging:**

Meets second Thursday of each month at the Menasha Senior Center at 7:45 am.

#### **Members:**

Bob Jankowski                  Roy Rogers  
 Joyce Klundt                    Sue Steffen  
 Lee Murphy                    Mary Lueke  
 Sue Nett, Director Menasha Health Dept.  
 Jean Wollerman, N-M YMCA Older Adult Dept.

(Services are provided without mandatory dues, Senior Center Regulation, Title III Older American Act, Chapter VII, Section 5.45).

## Services at MSC

**Menasha Meal Site:** Meals through Winnebago Co. Nutrition Program are served Monday through Friday at 11:20am at the Menasha Senior Center. Must call 725-6323 by 12:00pm the day before for meal reservations. Must be 60 years or older to participate. Suggested donation of **\$3.00**.

**Meal Site Manager:** Ardeana "Dee" Osinski

**Winnebago Co. Benefit Specialist, Candace Corbett:** Candace visits MSC the first two (2) Thursdays each month from 10:00 -11:30am. Call the MSC office at 967-3530 for more information.

**60 Plus Health Program:** (City of Menasha Health Dept.) Call 967-3520 for personal counseling and screening tests.

- Health screenings offered monthly at MSC
- Blood Pressure checks every Tuesday at MSC

**Valley VNA Senior Services Footcare:** Clinics are held twice a month from 1-4pm. Must call the VNA at 727-5555 to make your appointment.

**Dial-a-Ride:** Discount taxi service for Neenah & Menasha residents 60 yrs. and older. Tickets available at MSC.

**Menasha School District Lifetime Passes:** For residents 60 yrs. and older who live in the Menasha school district - admission to many school sponsored events.

**Information and Referral:** MSC will assist in identifying a local agency or organization that may help you. Also available at the office:

- County Resource Directories
- SeniorCareRx Applications
- File of Life
- Community Resource brochures, info.

**Mini-Library:** Resources, books, videos

**Computers:** Internet access; available 8a-4p (except Weds 12-4:00pm); One-on-one instructions available Monday mornings by appt.


**Senior Chatter** is a monthly publication of the Menasha Senior Center providing a variety of information on senior issues, events in the community and at MSC - all for **\$5.00** a year!


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**Contact Steve today for an appointment**

**Alten Haus Assisted Living**

625 and 635 Bondow Dr.  
Neenah, WI 54956

Email: [Altenhaus@new.rr.com](mailto:Altenhaus@new.rr.com)  
Web Site: [altenhaus.com](http://altenhaus.com)

Contact Anne Altenhofen-Krause for a tour






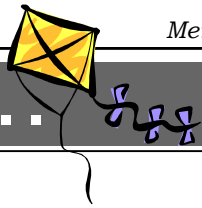
920-967-3530

# Menasha Senior Center APRIL 2010



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>April is National Frog Month.</b> In honor of the little amphibians, take the time to celebrate one of the earth's oldest living creatures. You could play leap frog! Better yet, watch your grand kids play leap frog!</p> 				
9:00 Computer class 5 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards 1:00 Bridge	- Election Day - <del>10:00 Wii Bowling</del> 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker 1:30-3:00 Blood Pressure ck	8:30-12n Tax/Aide 7 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>Yoa Cao Do A</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard <div>1:00 VNA Foot-care</div>	7:45 CA meeting 8:30 Oil Painting 9:30 PC meeting 10:00 Benspec 11:20 Meals 12:30 Cribbage 1:00 Bridge	8-10:00 Wellness 9 Screening 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 Hand & Foot
9:00 Computer class 12 9:30 Line Dancing 10:30 Healthcare Decisions 10:30am Nutro Bingo 11:20 Meals 1:00 Men's cards 1:00 Bridge	9-11 Take Back Meds 13 10:00 Wii Bowling 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker 1:30-3:00 Blood Pressure ck	8:30-12n Tax/Aide 14 9:30 Line dancing 10:00-11 Chair exercise 11:00 <i>Yoa Cao Do A</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge	10-11 Skin Cancer Screen 16 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 Hand & Foot
9:00 Computer class 19 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 1:00 Men's cards 1:00 Bridge	9:00 Newsletter Assem. 20 10:00 Wii Bowling 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker 1:30-3:00 Blood pressure ck 2:00 SALT meeting	9:30 Line Dancing 21 10:00-11 Chair exercise 11:00 <i>Yoa Cao Do A</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 10:00 Pre Travel Show 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care	10:00 Wii 23 11:20 Meals 1:00 Quilting 12:30 Hand & Foot
9:00 Computer class 26 9:30 Line Dancing 11:20 Meals 12:30 Card making 1:00 Men's cards 1:00 Bridge	10:00 Wii Bowling 27 10:30-12 Blood pressure ck 11:20 Meals 12:00 Yopilet exercise 12:30 Penny Ante poker	9:30 Line dancing 28 10:00-11 Chair exercise 11:00 <i>Yoa Cao Do A</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge	10:00 Wii 30 11:30 Meals 12:00 Quilting 12:30 Hand & Foot

## Note from Staff...



Dear Friends,

"Today is the day when bold kites fly,  
When cumulus clouds roar across the sky,  
When robins return, when children cheer,  
When light rain beckons spring to appear.

Today is the day when daffodils bloom,  
Which children pick to fill the room.

Today is the day when grasses green,  
When leaves burst forth for spring to be seen."

- Robert McCracken, *Spring*

For many of us Wisconsinites, spring is April. It's a wonderful time of the year - so rejuvenating. MSC is going to be busy this month - we have a lot to offer. Come on in ... to be enriched, invigorated and enlightened.

*Sylvia Bull Barb Taylor*

## Birthday Gift

Have a birthday in **April**? Stop in the office with your ID during the month and pick up your birthday gift.



## Safelink - a cell phone program

There is a way for eligible Wisconsin residents to receive telephone benefits in cell phone form. It is called "Safelink" and is administered by a cell phone company, Tracphone. As a government-supported program, it provides households with a free cell phone and 60 free cell phone minutes per month.

There are guidelines for eligibility. (If you are eligible for the landline telephone program called Life-Line/LinkUp then you are eligible for Safelink.)

To discuss eligibility and the advantages and disadvantages of Safelink, you can get help from your Winnebago County Benefit Specialist (with the landline telephone assistance program, too). You can also contact 1-800-Safelink or Safelink.com .

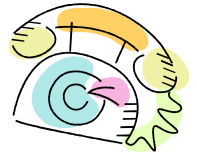
## Rock Island Trip - preview show

**Thurs., April 22 at 10:00am**

Join Joyce Ohrmundt of Nationwide Travelers for a glimpse at this enjoyable 3-day trip.

## Free Phone Buddy Program offered in Winnebago Co.

With the help of ADVOCAP's Retired and Senior Volunteer Program (RSVP) and the local SALT Group (Seniors and Law Enforcement Together), Winnebago County now offers a free telephone reassurance program to seniors or persons with disabilities who live alone in our community.



The Phone Buddy Program offers:

- ✓ reassurance to participants,
- ✓ daily socialization and meaningful conversation,
- ✓ and peace of mind to family and friends.

ADVOCAP RSVP staff match participants with volunteer "buddies" who call each day to check on them. ADVOCAP RSVP staff and the Winnebago Co. Sheriff's Department provide all needed training and back ground checks for Buddy Volunteers.

If you or someone you love would like to receive calls from a Phone Buddy or you would like to volunteer for the Phone Buddy Program, please contact Deb at 1-800-631-2791.

## Making healthcare decisions

**Mon., April 12**

**10:30am**

*Who will make your healthcare decisions if you can't?*

Ben Adams and Louis Archambault, from Adams and Woodrow law firm, will be available to discuss healthcare decision making and provide information and tools so you can talk about your wishes with family, friends and healthcare providers. Having and completing reliable advance directives so that your wishes will be known is an important step in this decision making. Use this opportunity to get answers to your questions.

There will be time for Q&A and there will be healthcare directives you can take home or fill out there.

RSVP (for seating arrangements) - **967-3530.**



## Health Corner

By Valerie Davis RN, 60 Plus Program

### Skin Cancer How to Protect Yourself

Overexposure to ultraviolet light (sunlight or tanning lamps) is the most preventable risk factor for skin cancer. You can have fun in the sun and 'Be Sun Smart' Here's how to do it:

**Generously apply sunscreen** to all exposed skin using a Sun Protective Factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply every two hours, even on cloudy days, and after swimming or sweating.

**Wear Protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.

**Seek shade** when appropriate, remembering that the sun's rays are strongest between 10am & 4pm.

**Use extra caution near water, snow and sand** as they reflect the damaging rays of the sun which can increase your chance of sunburn.

**Protect children** from sun exposure by applying sunscreen.

**Get vitamin D safely** through a healthy diet that includes vitamin supplements. Don't seek the sun.

**Avoid tanning beds.** Ultraviolet light from the sun and tanning beds causes skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.

**Check your birthday suit on your birthday.** If you notice anything changing, growing, or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.

Source: American Academy of Dermatology.

### Did you know . . . ?

That the Menasha Senior Center is open to anyone 55 yrs. + ? We have no residency restrictions. Does your neighbor know? Do your family and friends know? Help us by telling them. Thanks.

## 60 Plus Health Program Blood Pressure Screenings

Schedule for April 2010

### Menasha Senior Center

Tues., April 6	1:30-3:00 pm
Tues., April 13	1:30-3:00 pm
Tues., April 20	1:30-3:00 pm
Tues., April 27	10:30—Noon

**Lakeside Commons** Thurs., Apr. 15 2:00pm

The last blood pressure clinic of the month at MSC will also be a **Health Consultation**. If you have any health related questions, feel free to stop in - I will do my best to answer them for you. Val Davis, RN, PHN, 60+ Program

## "Bean" there, done that

### Bean Facts

- Navy beans: official vegetable of Massachusetts.
- Chinese long beans can grow up to 18 inches long.
- Beans are an excellent and low-cost form of protein.
- Dove Creek, Colorado, is the Pinto Bean Capital of the world.
- The fiber in beans is good for gastrointestinal health.
- Garbanzo Beans, or chickpeas, are the most widely consumed bean in the world.

### Adding more beans to your diet:

- Prepare soups, stews, and casseroles with beans.
- Use pureed beans as a base for spreads and dips.
- Add garbanzo beans or black beans to salads.
- If you don't have a certain type of bean, you can easily substitute another.



### Reducing the gas factor:

- Change the water several times during soaking.
- Simmer beans slowly until they are tender.
- Add digestive aids, like Beano, when eating beans to help reduce the amount of gas they produce.

See "Meals w/Beans & Rice" on page 7

## Activities at MSC

### Regularly scheduled activities:

◆**Card Games:** *Men's Sheephead* (not for beginners) - Mondays at 1:00pm, (Sept.—May); *Hand & Foot* - Fridays at 12:30pm; *Bridge* (not for beginners) - Mondays and Thursdays at 1:00pm; *Texas Hold'em* Wednesdays 12:30.; *Cribbage* - Thursday, 12:30pm; *Penny Ante Poker* - Tuesdays 12:30pm. \$.50 for card games.

◆**Weight loss grp:** Wed. mornings 11:00am \$.50

◆**Shuffleboard:** Wednesdays 12:30-3:30pm \$.50

◆**Chair Exercise:** (strength, flexibility, balance) every Wednesday morning 10:00-11am; \$.50

◆**Agility exercise:** (flexibility, balance, agility) Tuesdays 12:00n-1:00pm \$.50

◆**Scrabble:** 1st and 3rd Mondays at 12:30pm. \$.50

◆**Bike-4-Fun:** Fri. mornings 8am; May-Oct. \$.50

◆**Wii Sports:** Tuesday and Friday 10:00am \$.50

### Regularly scheduled classes:

◆**Computer Class:** One-on-one individualized instructions. Monday mornings. Call 967-3530. One hour, 4x month. \$15 resident/\$18 non-resident.

◆**Greeting card class:** Every 4th Monday 12:30-3:00pm. \$2.00R/\$2.50NR. Supplies available.

◆**Intermediate/Advanced Line Dancing class:** Monday and Wednesday morning 9:30-10:30am. \$.50R/\$1.00NR

### Additional activities:

◆**Bingo:** Quarterly bingo parties.

◆**Computer Lab:** Computers are available for use during center's working hours (*except* Wed. afternoons). \$.10 a copy donation.

◆**Quilting Group:** Meet Fridays 12:00-2:00pm.

◆**Presentations:** health/educational; as scheduled

### Also available:

Magazines/books  
Puzzles  
Coffee

## Upcoming events

Normal Aging	May 4
Spring Banquet	May 11
Mary Lincoln's Story	June 10
Soda Pop Party w/kids	July ?
Senior Games	Aug. 17

FREE Tax Aide continues at the MSC  
April 7 and 14, 8:30 - 11:30 am

## Make great meals with Beans & Rice

Mon., April 26  
10:30am

Learn how to make nifty, thrifty meals using beans and brown rice. Not only are these foods economical, but they are good for you - what a great combination!

Kris Soper, Winnebago Co./U.W. Extension Nutritionist will help us understand the usefulness of these foods (protein and fiber) and show us some great ways to combine them with other foods. She'll have recipes to share, as well. Do you have a great bean &/or rice recipe you would like to share? Bring it along.

This is free and open to the public.

**RSVP at 967-3530.**

I wonder what recipe we'll be sampling?  
*Mango Tango*  
*Black Bean*  
*Salsa?*



### April 16 - National Healthcare Decision Day

"Fewer families and healthcare providers will have to struggle with making difficult healthcare decisions in the absence of guidance from the patient, and healthcare providers and facilities will be better equipped to address advance healthcare planning issues before a crisis and be better able to honor patient wishes when the time comes to do so."

See information on a healthcare decision making presentation at MSC on page 5.

**2010 TRIPS with MSC****Call 967-3530****Wed - Fri June 16 - 18  
3 day "Rock Island Trip"**

With Menasha Senior Center, Beaver Dam Senior Center and Nationwide Travelers!!

**Day 1:** Travel to Galena, IL, for a Dutch treat lunch and some shopping. Then we're off to Rock Island, IL, and check into our accommodations for the next 2 nights - **Jumer's Hotel & Casino**. We then head to **Circa '21 Dinner Playhouse** to see *Whodunit...The Musical*. (a story of a wealthy spinster, her cockney maid, a Connecticut summer home in 1931, and an odd butler who tells them that something "strange" is going on. After one dead body in the living room...another appears). Prior to the show, we enjoy a delicious buffet dinner at Circa '21. **D**

**Day 2:** We head to Moline, IL, where we board the **Celebration Belle** for the Big Band Cruise (a 4-hr gem of a cruise featuring the Celebration Belle Band playing music that will carry you back to the big band era). Sticky buns, a buffet lunch and an afternoon snack are also served up to round out a perfect afternoon!

After our cruise, we return to the hotel for a buffet dinner followed by free time to enjoy ourselves at Jumer's (\$10 casino rebate). Head to the pool and relax, or spend time at the casino. Jumer's has over 1,100 slot machines, 24 table games and live poker all on one luxurious gaming floor. **B, L, D**

**Day 3:** We journey to the **Rock Island Arsenal & Museum** and pick up our step-on guide who will give us an informative tour of the installation. We'll spend some time at the Rock Island Arsenal Museum, the second oldest US Army Museum in the United States with exhibits focusing on the history of the Arsenal and its use as a Union prison camp during the American Civil War. The museum also contains an extensive collection of small arms weapons and an outdoor vehicle display. We'll return to Jumer's for a buffet lunch.

Our last stop of the day is for a guided tour of the **Isabel Bloom Harborview Production Studio** with behind-the-scene access to every step in the making the sculpture. We'll see how the company maintains the legacy of Isabel Bloom, some of her original art and photos, and we learn how her innovations still influence their production process today. We'll have the opportunity to purchase exclusive sculptures available only to tour guests. Finally, after a brief Dutch treat dinner stop, we return home in the evening with lovely memories of a

relaxing trip spent in the company of good friends! **B, L**  
\$100 deposit required (trip insurance available, also)

**Cost: \$440**dbl **\$415**triple  
**\$405**quad **\$520** single

(Nationwide policies and procedures apply to this trip.)

**Thurs., July 8 "The Wonder Bread Years"**

A salute to the Baby Boomer Generation - and the parents who brought them up - The Wonder Bread Years, is a fast-paced, hilarious production that gracefully walks the line between stand-up and theater. Audiences across the country are enjoying a show that not only restores a much-needed sense of wonder, but leaves audiences laughing and savoring the past like never before.

**Cost: \$37.00** (incl. ticket & school bus transportation); \$10 deposit at registration.

**Lv MSC: 1:15pm Rtn MSC: 4:30pm**

**Thurs., July 22 "Opera to Broadway"  
Cookies & Concert****The Green Lake Festival of Music**

**We're talking great voices, great performers!!!**

Hear Soprano Sarah Lawrence and Tenor Calland Metts perform with favorites from stage and screen; Opera to Broadway. (Sarah Lawrence portrayed Christine in a national production of Phantom of the Opera; both singers are personable and entertaining)

The Green Lake Festival of Music schedules outstanding performances throughout the summer months. This show will be at the Rodman Center for the Arts at Ripon. Itinerary: Ripon Cookies Outlet Store; Lunch at CJ's restaurant (roasted chicken, vegetables, salad and roll and dessert); Concert at Rodman Center for the Arts.

**Cost: \$48.00** (incl. lunch, performance & coach transportation). \$10 down upon registration.

**Lv MSC: 9:00am; Rtn MSC: 4:30pm (approx.)**



# CHOLESTEROL/WELLNESS HEMOGRAM/THYROID SCREENINGS

**Friday, April 9<sup>th</sup>, 2010**

**8:00 am - 10:00 am**

**MENASHA SENIOR CENTER**

116 Main Street, Menasha

**\*NOTE: Wellness screening will NOT start until 8:00 am**

**WALK-IN BASIS**

**PREPARATION: 12 HOUR FAST**

## **Hemogram**

**COST: \$13.00**

## **Wellness Panel**

**COST: \$19.00**

Total Cholesterol, Blood Sugar,  
Calcium, Uric Acid (test for gout),  
Triglycerides, Potassium,  
Cholesterol Lipid Panel and 7 other  
blood tests

## **Thyroid:**

**COST: \$20.00**

## **Wellness Panel / Hemogram**

**COST: \$25.00**

Hemogram includes: White Blood  
Count (infection) – Red Blood Count,  
Hemoglobin, Hematocrit (anemia)  
and Platelet Count

## **Wellness Panel / Thyroid**

**COST: \$33.00**

## **Wellness Panel / Hemogram and Thyroid**

**COST: \$39.00**



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# SKIN CANCER SCREENING

**DATE:** Friday, April 16, 2010

**TIME:** 1:00 pm to 4:00 pm

**PLACE:** Menasha Senior Center  
116 Main Street

**BY:** Dr. Douglas Horan, MD

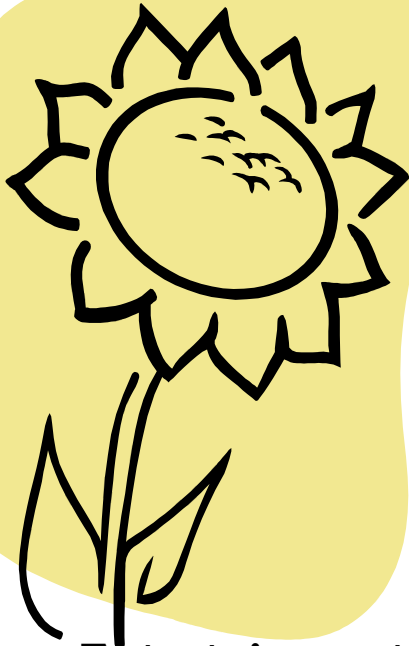
**Must have an  
appointment  
to participate,**

**Sorry,  
no walk-ins**

**For an appointment call: 967-3520**

Menasha Senior Center's

# Spring Banquet



**Tues., May 11**  
**12:30 - 2:30pm**

Germania Hall, Menasha

**Ticket: \$13.00**

Deadline: May 8

## Entertainment:



The "Bluegrass Grandpas"

## Enjoy:

Chicken dinner  
 6th Grade essay contest winners  
 Door prizes  
 Raffle

## Trained dog

A minister preached a very short sermon. He explained, "My dog got into my study and chewed up some of my notes."

At the end of the service a visitor asked him, "If your dog ever has pups, please let my pastor have one of them."

## Ernest response

"Tell me," the teacher asked her students, "do you know what the word *can't* is short for?" "Yes," said little Lucy. "It's short for *cannot*."

"Very good. And what about *don't*?" Little Matt's hand shot up. "That," he said with authority, "is short for *doughnut*."

## Football Sundays

Quarterback Sneak - members quietly leave during the sermon.

Backfield-in-Motion - making a trip down the aisle to the back of the church (for a drink of water or bathroom)

Two-minute Warning - when you realize the sermon is almost over and begin to gather your belongings.

Sudden Death - what happens to the congregation's attention span when the sermon goes overtime.

End-run - getting out fast by skirting around the minister at the door.

Blitz - the rush for the restaurants following the benediction.

## Fun website

### Odd Wisconsin

You'll find "strange but true" from the Wisconsin Historical Society at [www.wisconsinhistory.org/odd/](http://www.wisconsinhistory.org/odd/)

Their Motto: Strange but true.

Their Mission: "amuse, surprise, perplex, astonish and otherwise connect you with your past." Categories include animals, bizarre events, children, curiosities, odd lives, and strange deaths.

Their Method: lower a bucket into the depths of Wisconsin history and bring to light curious fragments of forgotten lives.

**Here are a couple of declarations - good for a day, a week or a month. Use them as you wish!!**

In just two days from now, tomorrow will be yesterday.

Don't sweat the petty things. Don't pet the sweaty things.

It's better to wear out, than to rust out.

## Leave a legacy . . .

The Menasha Senior Center's Memorial Fund was established to accept donations made:

*In memory of ... In honor of ... In appreciation of ...* someone you wish to acknowledge. And it will also accept funds as a *Birthday celebration for ...* or *Anniversary celebration for ...* These funds are used for long-term purchases that will enhance the center and that will benefit all seniors. (Funds contributed can be earmarked for a specific use if so desired).

For further information, please contact Sylvia Bull at 967-3530.

## Thank you!

We would like to say *thank you* to all volunteers and friends of MSC who contribute service, money and gifts to the Menasha Senior Center. We considered creating a 'thank you' list in this newsletter, but realized that we surely would, inadvertently, neglect to list someone's name and donation.

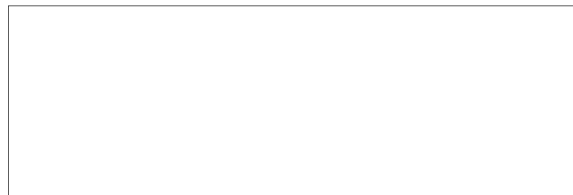
So, to avoid offending anyone, we will give a hearty personal thank you at the time of the contribution.

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# The Senior Chatter

April 2010 Issue Vol. 14, No. 4

Spring is nature's way of saying, "Let's party!"  
-Robin Williams



**Menasha Senior Center**  
116 Main St., Menasha 54952  
967-3530

MSC is an accredited member of the Wisconsin Association of Senior Centers and a member of the Coalition of Wisconsin Aging Groups



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